



THE CAMP NEWS

VOLUME X ISSUE 7

July 31, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Tribal Health Center Earns Prestigious Director's Award

Team creates, develops operation template for future farmer's market

Six staff members of the Reno Sparks Tribal Health Center earned the 2014 Indian Health Service Director's Award for Excellence, one of the most coveted awards in their industry.

"I am super proud as the work done by our team will impact Native Americans nationally," said Angie Wilson, Director of the RSTHC. "Throughout Indian County, health centers can plug into our work to help their own communities."

The Director's Award for Excellence recognizes individuals or groups of employees whose special efforts and contributions, beyond regular duty requirements, have resulted in significant benefits to Indian Health Service (IHS) programs, priorities, or customers and fulfillment of the IHS mission.

The work done by the RSTHC team advances the IHS mission and goals because it supports renews and strengthens Tribal partnerships while providing fairness and inclusion to Indian communities.

The RSTHC winning team included: Wilson, Rocky

Batastini, Exercise Program Coordinator, Stacy Briscoe, Diabetes Program Manager, Jason Hill and Michelle Katenay, Substance Abuse Counselors, and Jovino Lorenzo, Business and Benefits Division Manager.

This core committee created written guidelines, policies and procedures, for operating a farmer's market on tribal lands.

"A farmer's market provides an opportunity to address

community health by increasing healthy options," Briscoe said. "In addition, farmer's markets provide an alternative in food swamps, or areas that include many unhealthy fast food options like those found just down the street from the Colony."

The guidelines created by the RSTHC team include details on all areas of the farmer's market from how food sold

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Excellent Team — Members of the Reno Sparks Tribal Health Center staff recently earned the Director's Award for Excellence for their work creating policies and procedures for operating a farmer's market on tribal lands. The core committee included: front row: Angie Wilson, Stacy Brisco, Michelle Katenay, and Jovino Lorenzo. Back row: Rocky Batastini and Jason Hill.

29TH ANNUAL NUMAGA INDIAN DAYS POWWOW

SEPTEMBER 4-6, 2015
HUNGRY VALLEY, NV ♦ LABOR DAY WEEKEND

HOST DRUM IRON BOY

Minneapolis, MN



2015 World Class Drum-Champions

INFORMATION

FREE ADMISSION ♦ OPEN TO THE PUBLIC

VENDORS: Ramona Darrough (775) 842-1385

GENERAL: Elliot Ramirez (775) 250-7013

Tanya Hernandez (775) 770-4127

HOST HOTEL: Circus Circus Reno (775) 329-0711

GROUP CODE "NUMAGA1" *Deadline August 1st*



ALCOHOL AND
DRUG FREE
EVENT

MAP / DIRECTIONS



GRAND ENTRY

Friday 7pm ♦ Saturday 12pm & 7pm ♦ Sunday 12pm

HEAD STAFF

HEAD MAN: Mason McGurk *Sacramento, CA*

HEAD LADY: Jamie Eaglespeaker *Blackfoot, ID*

ARENA DIRECTOR: Noah Fred *Ft. Hall, ID*

MC: Carlos Calica *Warm Springs, OR*

HEAD JUDGE: Skye McMichael *Lajolla Ind. Res., CA*

SPECIALS

MEN'S GRASS: Head Man

WOMEN'S JINGLE: Head Lady

SPOTLIGHT SPECIAL:

Men's Fancy ♦ Women's Jingle

DRUM CONTEST: 1st Place \$7,000

2nd Place \$6,000 & 3rd Place \$5,000

ACTIVITIES

NUMAGA PRINCESS CONTEST

Anita Talancon (775) 338-3723

CREATIONS WELLNESS CENTER

SMILE WALK & RUN

Rocky Batastini (775) 329-5162

PROVIDED BY PARTNERS



RENO SPARKS INDIAN COLONY &
RENO SPARKS TRIBAL HEALTH CENTER

RSIC & Committee is **NOT** responsible for short funded travelers, theft, lost items, pets, accidents, breakups/divorces, injuries, etc.

Deadlines, Mailing List

The Camp News Profile

Started in the early 1980s, *The Camp News* is the monthly publication for the Reno-Sparks Indian Colony community. The newsletter is produced monthly out of the public relations department and duplicated and distributed by RSIC Administration Front Office.

SEND US YOUR NEWS

The deadline for all print submissions to be considered for publication in *The Camp News* is 5 p.m., the second Thursday of every month.

CONTACT OUR STAFF

E-mail your submissions to smontooth@rsic.org or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

CIRCULATION

If you live outside Washoe County and would like to receive *The Camp News* via U.S. Post, please contact us with your mailing address.

If you have a problem with delivery, please call us at 329-2936.

ELECTRONIC EDITION

For those of you who would prefer to get an electronic version of *The Camp News* or just read it on-line, please see: www.rsic.org and PDFs of our publication are available.

If you have questions, call us at 329-2936, ext. 3268.

Important AUGUST dates

- 3 Back to School Night, Hungry Valley Education Office, 8 a.m. – 7 p.m.*
Education Advisory Committee meeting, Education Conference Room, noon
Senior Advisory Committee meeting, Senior Center, 1 p.m.
Enrollment Advisory meeting, Enrollment Office, 5:30 p.m.
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- 4 Back to School Night, Reno Education Office, 9 a.m. – 7 p.m.*
Shoshone Language classes, Education Building, 6 p.m.
- 5 Senior Paiute Language class, Senior Center, noon
Law & Order Committee meeting, Tribal Court, 6 p.m.
Washoe Language classes, Education Building, 6 p.m.
- 6 Paiute Language classes, Education Building, 6 p.m.
- 8 Kids Bike Rodeo, RSTHC, 9:30 a.m.
Commod-Cookoff at RSIC Community Picnic, noon
- 10 First day of School
RSIC Administration Offices relocated to 34 Reservation Road
Pow Wow Club meeting, RSTHC, 6 p.m.
- 11 Shoshone Language classes, Education Building, 6 p.m.
- 12 Senior Paiute Language class, Senior Center, noon
Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
Washoe Language classes, Education Building, 6 p.m.
- 13 Regalia Making, Reno Gym, 6 p.m.
Paiute Language classes, Education Building, 6 p.m.
Deadline for *The Camp News*
- 15 Washoe Picnic One Pitch Softball Tournament, Tahoe Paradise Park, 10 a.m.
- 17 Tai Chi, Senior Center, 12:30 p.m.
Executive Health Board meeting ,RSTHC, 5:30 p.m.
Pow Wow Club, Hungry Valley Recreation Center, 6 p.m.
Drug Endangered Children Presentations, Hungry Valley lower level of gym, 6 p.m.
- 18 Commodity Distribution, Senior Center
Shoshone Language classes, Education Building, 6 p.m.
Drug Endangered Children Presentations, RSTHC conference room, 6 p.m.
- 19 Senior Paiute Language class, Senior Center, noon
Tai Chi, Senior Center, 12:30 p.m.
Regalia Making, Reno Gym, 6 p.m.
Washoe Language classes, Education Building, 6 p.m.
- 20 Senior Fun Day, Reno Gym, 10 a.m.
Paiute Language classes, Education Building, 6 p.m.
- 21 Deadline for Numaga Pow Wow clean up and feast bids, 98 Colony Road, 5 p.m.
- 22 Washoe Legends: Nevada Museum of Art, through January 10
- 24 Tai Chi, Senior Center, 12:30 p.m.
Housing Advisory Board meeting, Hungry Valley Community Center, 6 p.m.
Pow Wow Club, RSTHC, 6 p.m.
- 25 Shoshone Language classes, Education Building, 6 p.m.
- 26 Education Advisory Committee meeting, Education Conference room, noon
Senior Paiute Language class, Senior Center, noon
Lunch & Learning, RSIC Library, noon
Tai Chi, Senior Center, 12:30 p.m.
Talking Circle, RSTHC, 5 p.m.
Regalia Making, Reno Gym, 6 p.m.
Washoe Language classes, Education Building, 6 p.m.
RSIC Economic Development meeting, Hungry Valley Recreation Center, 6 p.m.
- 27 Paiute Language classes, Education Building, 6 p.m.
- 31 US Attorney's Office Native American Network Conference, Silver Legacy
Tai Chi, Senior Center, 12:30 p.m.
Pow Wow Club, Hungry Valley Gym, 6 p.m.

*Supplies will be available all week during regular office hours.

WE ARE MOVING!

As of Monday, Aug., 10 the Reno-Sparks Indian Colony Chairman's Office, Administrative Office, Finance Department, Public Relation Office, Fund Development, Department of Human Resources, and the Tribal Council Secretary will be relocating to:

**34 Reservation Road
Reno, NV 89502**

Please update your records and if you have questions, phone us at:

(775) 329-2936

as our phone numbers, fax numbers, email address, and website will stay the same.

Our new address will also be the mailing address for all other RSIC departments.



Continued from front cover

on site is handled, to taxation and licensing issues, to priority vendors based on Indian preference.

"Ultimately, we want to operate a farmer's market in the parking lot of our clinic," Batastini said. "However, as we continue to work toward that goal, it is really nice to be recognized for the hard work that the entire team has already put into this project thus far."

Batastini said he is still looking for Native food vendors, as the objectives of the RSTHC core committee are not only to bring more healthful and a larger array of food choices to the RSIC community, but to also create a venue for Native farmers and ranchers to sell their crops or merchandise.

Briscoe agrees that the idea of a farmer's market



Crystal Clear — The RSTHC staff earned the Phoenix Area Indian Health Service Director's Award for Excellence in the team category.

goes beyond better options for eating.

"Ultimately, we hope to help the RSIC community by providing increased produce options, as well as offering economic opportunity to those who have something to sell, be it the fruit

from their trees or their bead-work."

Briscoe said that one of the key components to finalizing guidelines was the involvement of the IHS Environmental Health Officers, Mikayla Deardorff and Kelli Mohler.

"If we had a question regarding food safety or a regulation, they usually had an answer or drawings ready to clarify our policy," Briscoe said. "Their design of the food safety component of the policies and procedures was really important because it brought us up to date on recent changes in national farmer's market policies."

Briscoe attended the Director's Award Ceremony in Phoenix which was held at the Heard Museum of American Art & History.



OCTOBER 16TH & 17TH

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road • Reno, NV (Off 395/580 So. Freeway)
Glendale Ave. or Mill St. exits

**DOORS OPEN
10AM to 6PM**

**Jewelry • Beadwork • Arts & Crafts
Baked Goods • Raffle • Food & Fun!**

FREE ADMISSION • FREE TRICK OR TREAT BAGS

INDIAN TACOS WILL BE SOLD

More Info: Ramona Darrough 775.842.1385

Commod-Cookoff at the RSIC Community Picnic!

Saturday, August 8th from 12-4pm

4 Categories: 1. Stews & Soups 2. Main Dishes 3. Sides & Salads 4. Breakfast

Limited to 6 Contestants per category, call BC Ledesma in Community Health at 334-0406 to register, first come-first serve in reserving contestant spots.

Prizes awarded for 1st-3rd place in each category!



Guidelines:

- * No Lard, White Sugar, or Added Salt.
- * Must use at least 3 different fruits or vegetables, 2 can be canned or frozen, but at least 1 must be fresh.
- * At least 3 ingredients must be from the Food Distribution Program on Indian Reservations ("Commods").
- * Entries will be judged based on taste, presentation, and adherence to guidelines.
- * Must use low fat cooking methods such as boiling, broiling, baking, roasting, stewing, poaching, grilling, steaming, sautéing & microwaving (No frying).

Tips:

- * Use a variety of herbs & spices in flavoring foods to keep the salt & fat content low, but deliciousness high!
- * Rinse & drain canned goods to remove excess salt.
- * Visit the Wellness Resource Center for recipe ideas, commod cook books, and other healthy cooking ideas.



RSIC Chairman Addresses U.S. House Committee

More testimony given on Nevada Native Nations Land Act

Echoing the same sentiments given during the 113th Congress, but this time to the U.S. House Natural Resources Committee, Reno-Sparks Indian Colony Chairman Arlan D. Melendez testified on July 15 in Washington D.C., about the Nevada Native Nations Lands Act.

Serving as the spokesperson for the Nevada Tribal Land Coalition, which includes the six tribes in the House Bill 2455, Chairman Melendez told the committee that the Reno-Sparks Indian Colony along with other area tribes will be better stewards of the 71,177 acres of land currently under the purview of the Bureau of Land Management (BLM) and US Forest Service.

For the RSIC, the Nevada Native Nations Land Act would transfer 13,434 adjacent acres of land in Hungry Valley.

Below is a transcript of Chairman Melendez's testimony.

“Good Afternoon Chairman Young, Ranking Member Ruiz and distinguished Members of the Subcommittee. My name is Arlan Melendez and I have been the Chairman of the Reno Sparks Indian Colony for the past 24 years. I am honored to be speaking today not only for my tribe, but for the other tribes in this bill who comprise the Nevada Tribal Land Coalition.

I would like to express our heartfelt thanks to Congressmen Amodei and Hardy for introducing

the bill and to Chairman Young for supporting the bill last year and agreeing to schedule today's hearing.

The membership numbers of our tribes are growing. And the carrying capacity of our current lands is very limited.

With the exception of a few, the majority of the tribes in Nevada have very small land bases. Some are so small that they don't even show up on state maps.

The comparison to the large land bases of other tribes in many western states is dramatic.

It is unrealistic to expect that we can thrive, provide housing, and encourage economic development on so little land. It is only by being able to expand and consolidate our lands that our tribes and cultural practices can thrive.

Each of our tribes has specific reasons for seeking to expand our lands and we are united in our need for better management and effective use of these lands.

The other tribes will be submitting statements for the record, but let me quickly summarize the situations.

On behalf of Chairman Smart of the Fort McDermott Shoshone Tribe, this bill would transport BLM land to resolve checkerboard land issues. This would address law enforcement and emergency personnel jurisdictional questions as well as enable housing development.

Planned land use and development of natural resources will also ensure environment biodiversity



Spokesman — RSIC Chairman Arlan D. Melendez recently testified before national leadership regarding the Native Nations Land Act or House Bill 2455.

and better ensure public health and safety.

On behalf of Chairman Manning of the Shoshone Paiute Tribes of the Duck Valley Reservation the bill will transfer a small parcel of forest service land, a long standing goal.

When the forest service relocated its district headquarters housing units were abandoned. The tribes would like to renovate these units to address chronic housing shortages and to help recruit medical professionals, law enforcement and conservation personnel.

On behalf of Chairwomen DeSoto of the Summit Lake Paiute Tribe, the bill would accomplish a long sought transfer of BLM land for protection and management of Summit Lake's natural resources and fish population and to unify the reservation.

Reservation lands surround the

Continued on page 11

Poll Shows Support For Sage-Grouse Conservation

Majority want to preserve habitat for feathery forgers

Public News Service

Carson City, Nev. -- Westerners have a soft spot for the greater sage-grouse, according to a new poll released this month.

A majority of voters surveyed in counties that are home to sage-grouse support plans to conserve sagebrush habitat even if it includes some restrictions on energy development.

Pollster Danny Franklin with the Benenson Strategy Group said that the results hold true in every state where sage-grouse live, and across political lines. But he said that it is not just about the bird.

"What people are saying is that there is something special about the Western landscape, and the lands in which the greater sage-grouse makes its home, that they want to preserve," Franklin said.

Three in four voters believe it is important to take action to keep sage-grouse habitat healthy. When broken down by party, 68 percent of republicans and 95 percent of democrats shared that view.

The polling was sponsored by the Pew Charitable Trusts and conducted by two firms, one considered democratic-leaning, the Benenson Group, and one considered republican-leaning, Public Opinion Strategies.

Even when actions to conserve sagebrush habitat mean some restrictions on energy development, the poll indicated



Nature's Bussell —A new survey shows a majority of voters of all political stripes like the idea of preserving sagebrush landscapes where greater sage-grouse reside. Later this fall, the U.S. Fish and Wildlife Service will announce additional conservation efforts for the sage-grouse.

that voters still are on board with 61 percent approving.

Ken Rait, The Pew Charitable Trusts' public lands director, said that the point of the survey was to understand what residents in sagebrush country think about Bureau of Land Management (BLM) and Forest Service plans for habitat.

"It's important for the administration, that is on the verge of writing records of decisions around these plans, to know that they have got the support of the people who live in the places where the sage-grouse do," Rait said.

Additional survey questioning about whether more needs to be done to safeguard sagebrush habitat found that 60 percent

either like the current proposal or want stronger actions. The U.S. Fish and Wildlife Service is expected to decide later this year whether to protect greater sage-grouse under the Endangered Species Act.

Editor's Note: Support for this reporting was provided by The Pew Charitable Trusts.

WANTED

Additional Committee Members

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 29th Annual Numaga Indian Days Pow Wow Committee.

If you are interested, please submit an application to:
Reno-Sparks Indian Colony
ATTN: Tribal Administrator. For more information call 329-2936.



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

August - 2015

Mission:

To encourage the growth of a positive cultural identity for Reno-Sparks Indian Colony community members through the teaching of their native language(s) – Numu, Newe and Washiw – and by providing a learning environment in which community members will gain a basic understanding of the Great Basin Cultures.

Beginner level Shoshone, Washoe and Paiute language classes have resumed for the month of August. The curriculum is conversational themed lessons, ensuring that our returning students will be just as challenged as new students. These interactive classes include grammar, small group work, games, songs and immersion activities.

Language Classes:

Newe (Shoshone):

Location: Education Building, 34 Reservation Road, Reno
Time: 6:00 – 8:00 PM **Instructor:** Florence Millet
Dates: 8/4, 8/11, 8/18, 8/25

Washiw (Washoe):

Location: Education Building, 34 Reservation Road, Reno and Hungry Valley Gym, Hungry Valley
Time: 6:00 – 8:00 PM **Instructor:** Jamie Astor
Dates: Reno – 8/5, H.V. – 8/12, Reno – 8/19, H.V. – 8/26

Numu (Paiute):

Location: Education Building, 34 Reservation Road, Reno
Time: 6:00 – 8:00 PM **Instructor:** Ralph Burns
Dates: 8/6, 8/13, 8/20, 8/27
SENIOR'S CLASS: RSIC – Senior Center, Reno
Wednesday's from 12:00 – 1:00 PM – 8/5, 8/12, 8/19, 8/26

Cultural Activity

Our Cultural Activity this month will be a traditional trip to Pyramid Lake. The trip will include a tour of the Pyramid Lake Museum with a private story telling session. Our trip will also include a lakeside prayer given by an elder of the Pyramid Lake Tribe.

**For more information about our language classes, contact the Language & Culture Program,
Stacey Burns – sburns@rsic.org or 775-785-1321**

Everyone is invited! If you are interested in learning your language or about the Great Basin way of life, then you are welcome to attend. **Children must be accompanied by an adult.**

Burning Alaska Heats Up Poor Air Quality

Fires in last frontier, impacting lower 50 states

*Submitted by Elizabeth Acevedo,
RSIC Environmental Specialist*

Alaska has experienced upwards of 700 forest fires and 1.8 million acres burned so far this summer.

There were some days this last spring where it was just as hot in Alaska as it was hot in Arizona.

This is not just bad for Alaska, but it is bad for us down in the lower 48, too.

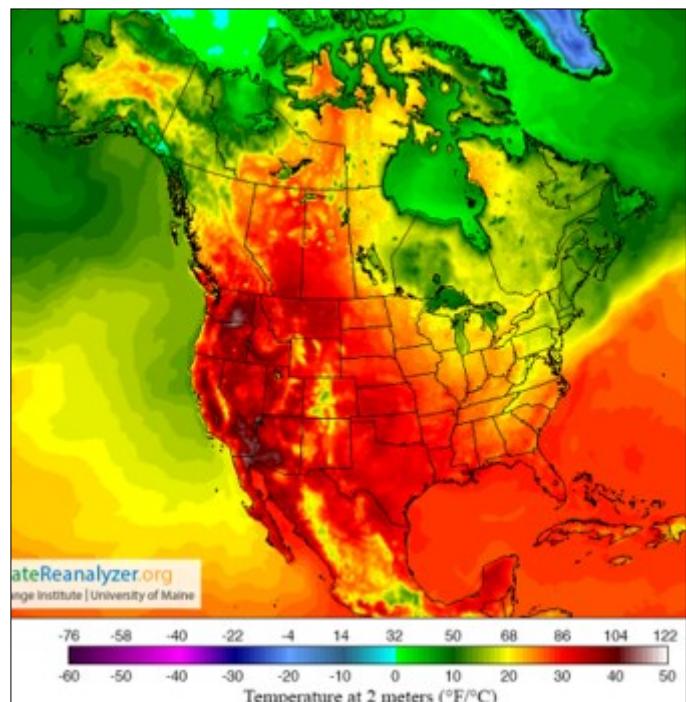
Why is this happening? Well, Alaska is warming twice as fast as the rest of the country. It just had the hottest May in 91 years and this year's snow fall was the third lowest on record. Plus, fire season is much longer than it used to be.

Smoke from these fires is now

reaching as far away as Texas and the beaches of South Carolina.

A big problem is that thawing ice unleashes massive amounts of carbon dioxide and methane into the atmosphere where it traps warm air close to the earth.

Thawing ice also means that cold Alaskan air is no longer available to cool the warm Pacific air before it is carried back down to the lower 48, making temperatures even hotter for us in the west.



What this adds up to is even more hot days with higher levels of ozone and particle pollution.



Sunday Worship Services: 10:30 AM
Potlucks every month!
Location: Hungry Valley Community Center
For more information, contact:
Pastors Augustin & Cindy Jorquez 775-425-5886

New Activities & Events Starting Soon!



HOUSING DEPARTMENT

The Housing Department is currently taking applications for the Waiting List for 2015. If you are interested in applying, please submit an application to the Housing office. Applications are located in the Housing office and at the Administrative office. We currently have the Rental Program and Lease to Purchase program available. If you have any questions, please call the Housing office at 775-785-1300.



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lake except in one area. Summit Lake is the home to the Lahontan Cutthroat Trout which was integral to the tribe's culture and a vital food source. The transfer allows for improved management and trout habitat restoration.

On behalf of Chairman Hawley of the Pyramid Lake Paiute Tribe the bill would transfer BLM land to expand the reservation boundaries to fully incorporate the watershed of Pyramid Lake. Other sections near the lake would be used for economic potential development and management efficiency.

On behalf of acting Chairperson Adam Blackeye of Duck Water Shoshone Tribe the bill would allow the tribe to utilize the added lands for economic development and community growth.

Additional lands will allow the tribe to expand agricultural operations, plan for renewable energy projects, additional housing and facility development, and protection of culture and spiritual sites, as well as wildlife. The tribe's plans for lands incorporates our spiritual, cultural, and natural resources management, and economic heritage with a goal of self-sufficiency.

For my tribe, the Reno-Sparks Indian Colony, the bill would transfer BLM lands because the current capacity of our reservation is strained and we need additional lands for the housing, cultural preservation and development.

The Colony members were residing on just a 28 acre reservation in Reno. In 1986, due to overcrowding, then Nevada Congresswoman Barbara Vucanovich assisted the tribe in acquiring a parcel of land

in Hungry Valley near Reno. She said if we needed more land in the future, we should come back and ask for it. We have made the best use of this limited parcel, we have constructed housing, a water system with production wells and other facilities such as a community center. We have purchased mining claims within the area proposed to be transferred by HR2733 and the wells serving Hungry Valley community are off reservation, but also within the same proposed transfer plot. The BLM has also told us that they simply don't have enough staff to cover Hungry Valley and our tribes are full capable of being effective stewards of the land identified in HR2733. I want to thank you for this opportunity to testify and am happy to answer any questions you might have.

RENO SPARKS INDIAN COLONY

SEPTEMBER
4, 5, 6, 2015

HUNGRY VALLEY, NEVADA HANDGAMES OPEN GAMES ALL WEEKEND

FRIDAY 9.4

TWO MAN TOURNAMENT
\$50 PER TEAM \$800 1ST PLACE
REGISTRATION 6-8ISH

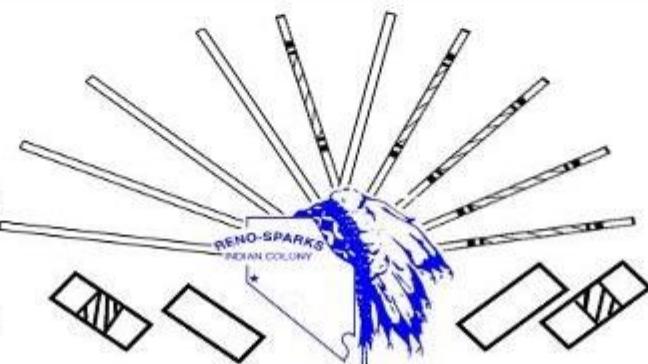
SATURDAY 9.5

MAIN TOURNAMENT
\$150 PER TEAM \$6000 FIRST PLACE
REGISTRATION BEGINS AT 1230 PM AND ENDS AT 2 PM

SUNDAY 9.6

3-MAN TOURNAMENT
\$75 PER TEAM \$800 1ST PLACE
REGISTRATION 1 PM

THE RENO-SPARKS INDIAN COLONY WELCOMES YOU ALL TO OUR ANNUAL HANDGAMES DURING THE LABOR DAY WEEKEND IN BEAUTIFUL HUNGRY VALLEY, NV. THIS YEAR WE ARE CELEBRATING TEN YEARS OF WASHO, PAIUTE, AND SHOSHONE TRADITION. WE HOPE YOU CAN JOIN US!



THIS IS AN ALCOHOL/DRUG FREE EVENT

DRY CAMPING AVAILABLE. BRING YOUR CHAIRS AND ENJOY THE WEEKEND.

CONTACT WINSTON SAM AT 77.221.5620 FOR MORE INFORMATION.

Reno-Sparks Tribal Health Center Proudly Presents: Kids Bike Rodeo at the RSTHC

Who:

Any patient, employee, or community member
of the Reno-Sparks Indian Colony.
(Ages 3 and up)

When:

Saturday, August 8th 9:30-11:30

What:

A fantabulous Bike Rodeo (to teach safety
and skills needed to safely ride a bike)
presented by the State of Nevada. The Kiwanis
Bike Program will also be available to teach
you how to fix your bike! They might even
have some parts to assist in repairs.



Where:

Reno Sparks Tribal Health
Center
1715 Kuenzli St.
Reno, NV 89502

Cost:

Free to any patient, employee,
or community member of the
Reno-Sparks Indian Colony



Contact:

Rocky Batastini 334-0942 or
rbatastini@rsicclinic.org

Relationships: When Family or Any Relationship Hurts

12 practical tips on dealing with difficult loved ones

Submitted by Adriana Botello,
RSIC Human Services Department

Family. Love them or love them not, there's often a limit to what you can do with the difficult ones. You can't live with them and you can't make them join the circus. When there's a lifetime of emotional investment involved it's likely that any response will hurt, whether it's walking away or fighting for the relationship.

Even if you decide that the price of being in the relationship is too high, it's not always easy to leave. Sometimes it's just not an option. Whether you're on your way out or bracing for more, here are some ways to protect yourself from the ones who scrape you:

Don't let anyone else's behavior change who you are.

Be dignified. Be brilliant. Be kind. Don't let anyone change you. You're better than that.

Make it clear this isn't personal.

Insecurity is at the heart of a lot of broken relationships. Insecure people will feel attacked even when no attack is made. If this is a relationship you care about, do whatever you can to help the other person feel safe and secure. Insecurity is a self-fulfilling prophecy. People who are insecure will often respond to the world as though it's going to hurt them. They'll be cold, they'll judge, they'll take

the first strike – all to protect themselves. In response, the world walks away, confirming the insecure person's view that the world just isn't safe.

Show them you're different. Let



Isolated - Even when surrounded by family and friends, toxic relationships can leave you feeling isolated and vulnerable.

them know that you don't mean anything personally, that you appreciate their point of view and that you want to understand how they feel—you might need to say it a few times. Whatever you do, don't blame. If you need to point out something they're doing wrong, end it by letting them know that the relationship is important to you and you want to work on it. The more positive you can be the better: 'Every time I see you you're pointing out something else you don't like about me. I really want to have a good relationship with you, but it's really hard when I feel like everything I do is judged harshly by you. Can we try and do things a little differently?'

Now remind yourself not to take it personally.

People will judge you, hurt you, put you down and try to break you – and most often, this will have nothing at all to do with you.

You don't have to stay around and you don't have to invest – remember that – but if you don't have much of a choice but to stay, seeing someone's behavior for what it is – a defense against a world that has hurt them once too many times – will help to protect you from the pain that comes from taking things personally.

Find compassion

Difficult people weren't born that way. Generally the way they're responding to you is the way they've learned to respond to the world to keep themselves safe. It might be an 'adversarial' 'I'll get you before you get me,' response. It might stem from having to control everything in their environment because they've learnt (somehow) that unpredictability isn't safe.

Perhaps they have no idea of their impact on people and all they know is that relationships seem to fall like broken toy soldiers around them. Just because it's painfully clear to you what they do, doesn't mean it is to them.

There may be little you can do to change the relationship, but you might just be able to change the way it affects you.

Continued on next page

Feeling compassion is important because of the way it changes things for you. Compassion is an empowering choice you can make when you feel like you don't have one.

Hold the space. For them. For you.

Sometimes the best thing you can do for a relationship you care about is to hold steady and give the other person time and space to work out whatever it is they're going through – while you're there with them. This is different to the space people give when they stay away for a while.

Let the person know that you're not going anywhere, if that's what they want, and that there doesn't need to be any resolution for the moment. Do this without judging or criticizing. It's so difficult to be in an uncertain relationship, but sometimes that's exactly what the relationship needs – time to work through the uncertainty without fear of losing the relationship. There's no need to hurry a relationship worth fighting for.

Accept what is

One of the greatest sources of unhappiness is the chasm between what we want and what we have. The gap left behind by a family member who hurts you can be immense. What makes it worse is that the pain is often recurring, hitting you every time you're with them. Who knows why some people have amazing families and some have families that drain them, but not everything makes sense. You don't deserve a

NOW ACCEPTING BIDS FOR

Powwow Grounds

RSIC TRIBAL MEMBERS NEED ONLY APPLY

Deadline is 8/21/15 @5pm

Saturday 5pm

Dinner Break

Feast

Must Feed 250

4 Item minimum

Deliver To 98 Colony Rd Attn: NIDP COMMITTEE must be in a sealed envelope

Numaga Indian Days Powwow

difficult relationship, you deserve so much more, but don't allow yourself to be ruined by that. Acknowledge what it is, let go of what it isn't, and flourish despite it.

You don't need to convince anyone.

You're not here to win anyone's approval. None of us are. Run the race you want to run. You don't need to convince anyone of your reasons, you're direction, or why you're telling some people get out of your

way. Just go around them – it's much easier. That you are silent, still and choose not to engage doesn't mean they're right. It means you just don't have to prove anything anymore. Because you don't.

It's okay not to be with them.

They may be your family, but you don't have to have a relationship with anyone you don't want to. If it feels too painful, explore what you're getting out of the relationship

by staying. If you choose to have a relationship anyway, let that be a testament to the capacity you have to make your own decisions and act accordingly. Change the way you look at it. If you have to maintain contact, let this be your decision made in strength, not in defeat. Own the decision because it was the best thing to do for you, not because someone else decided it was the decision that needed to be made.

Acknowledge their feelings, but don't buy into them

Acknowledging how somebody feels doesn't mean you agree with them. Saying something as simple as, 'I understand you're really angry, but I see things differently to you,' or, 'I know that's how you see it and I have no interest in changing that. I have a different view,' is a way to show that you've heard.

Letting people know you've seen them and heard them is so powerful. Doing it and standing your ground without getting upset is even more so.

Set your boundaries

We teach people how to treat us. Imagine a visual boundary around yourself. You'll feel when it's being stepped over. Your skin might bristle, your chest might ache – it's different for everyone but get to know what it feels like for you. When it happens, let the other person know. They might not care at all, or they might have no idea they've had that impact. If your boundary isn't respected, walk

away until it feels as though it's been reset. Explain what you'll tolerate and what you'll do when that doesn't happen. 'I really want us to talk about this, but if you're going to scream at me, I'm going to walk away until you're ready to stop,' or, 'I really want us to work through this but if you just keep telling me that I'm not good enough, I'm going to hang up the phone.'

Is there anything you can do differently?

You might be dealing with the most difficult person in the world, but that doesn't have to stop you from being open to the things you might be able to change about yourself. Is there any truth at all in what they're saying? Is there anything you're doing that's contributing to the problem? This isn't about winning or losing but about honesty, learning and growth. Nobody is perfect – thankfully – and the best people to be around are the ones who are constantly open to their impact and their contribution to relationships, good or bad. That doesn't mean you have to take the blame for the mess, but this might be an opportunity for your own wisdom to flourish. What can you learn from the situation? What can you learn from them? Nobody is all bad or all good. Take advantage of the opportunity. Focus on what you can learn. Ditch the rest.

Leave with love

This is important. If you walk away from family don't let the final words be angry ones. You never know how long somebody



Emotion - *Don't let your final words be angry ones.*

is going to be around. However, angry or hurt you are, death has a way of bringing up guilt and regret in the cleanest of relationships and forever is a long time not to have resolution. Anger is the one emotion that's never pure. It's always protecting another, more vulnerable one. Some common ones are fear, grief, insecurity, confusion. Tap into that and speak from there. That way, when you walk away, you're much more likely to feel as though nothing has been left unsaid. Just because a relationship is ending, doesn't mean it has to end angry. You don't want to leave room for regret. Leave it with strength, dignity and love because that's who you are.

There will always be those whose love and approval comes abundantly and easily. They're the keepers. As for the others, if the fight leaves you bruised, you'd have to question whether the relationship is worth it.

There will always be people who try to dim you. Sometimes this will be intentional and sometimes they will have no idea. You can't change what people do but you can keep yourself safe and strong, just as you deserve to be.

Educators Recognized by RSIC Leadership

Retiring, transferring principals reflect on work with Native students

Educators from four schools of which children who reside at the Reno Colony or in Hungry Valley attend, were recently recognized by the Reno-Sparks Indian Colony leadership.

"We have worked so well in collaborative efforts," San San Tin, the RSIC Education Manager, told the Tribal Council, "I am honored and pleased to present to you, these school administrators from the Washoe County School District."

Tin introduced Jesse Hall Elementary Dean of Students Kristen Gilkeson.

Tin noted Gilkeson's efforts with the vertical meetings in which the faculty from three schools, Jesse Hall, Shaw Middle School and Spanish Springs High, solicit input from parents regarding school engagement.

"I just enjoy working with your community and getting to know your children," Gilkeson said. "They are beautiful children and they are full of radiant joy."

Gilkeson is transferring to Bud Beasley Elementary School following the 2014 academic year.

Tin told the Tribal Council that the principal at Jesse Hall, Dave Keller, would be transferring to another school in the fall.

"I'm sad to say that Mr. Keller, the Principal at Jesse Hall, will be moving on," Tin announced. "Mr. Keller was the first one to engage with our department staff and he was always very



Born To Teach —Jay Salter will leave Spanish Springs High and become site administrator at Washoe Inspire.

open and very helpful to us."

Keller said the relationship he had with the RSIC was mutually beneficial.

"I definitely have grown as principal," Keller said. "Although I'm moving, I want everyone to know how sad I am and I think if the opportunity hadn't arisen, I would have stayed at Jesse Hall another 10 years."

After completing 20 years as the principal at Vaughn Middle School, Dr. Ginny Knowles was recognized.

Continued on back cover

New Principals and Assistant Principals Assignments

Reno—Nev. — New principals are coming for 15 local schools this fall according to an announcement made by the Washoe County School District. Leadership changes will include:

David Keller will leave his position as principal of Jesse Hall Elementary to become principal of Glenn Duncan STEM Academy.

Robin Olson, interim principal of Hidden Valley Elementary, has been named principal of Hidden Valley Elementary.

Victoria Roybal, assistant principal at Vaughn Middle, has been named principal of Vaughn Middle School.

Josh Rosenbloom, who currently serves as site administrator of Washoe Inspire, will become principal at Reed High.

Lea Anderson, currently serving as assistant principal at Bud Beasley Elementary, has been named principal of Jesse Hall Elementary.

Jay Salter will leave his post as assistant principal at Spanish Springs High and become site administrator at Washoe Inspire.

Ginger Selvaggio, who served as dean of students at Wooster High, will become assistant principal at Hunsberger Elementary.

Mark Zimmerman, assistant principal at Reed High, will serve as assistant principal at North Valleys High.

Joni Miller, assistant principal at Innovations High, will serve as assistant principal at Spanish Springs High.

Washoe Picnic 2015

One Pitch Softball Tournament

Saturday, August 15th

At 10 a.m.

Tahoe Paradise Park



- **Entry fee is \$10.00 per player**
- **Awards will be awarded to the 1st place team, only 10 awards**
- **Players need to be 16 years old or older**
- **Each team will pitch for their own team**
- **NO METAL CLEATS!!!**
- **Registration of the teams will be on site at 9 a.m.**
- **Any questions, please call Gwen Dunn at the Woodfords Indian Education Center (530) 694-2964 after 1 p.m. Monday-Friday**



Reno-Sparks Tribal Health Center PHARMACY

Hours - Monday-Friday 8 AM - 5PM*

*Wednesday afternoon closure does not apply to the Pharmacy

Submitted by
Steve Douglas, RPh, Pharmacy Manager

To improve your experience at the Pharmacy, make and keep regular clinic appointments, this helps assure your therapy is beneficial and up to date.

If you have not completed your Pharmacy Intake Form and brought in insurance documents, we cannot work on filling your order. (see below)

When requesting refill via refill line (ext.1699), remember to speak clearly. Give us your name, date of birth and phone number. Drug names, even if difficult to say, are easier to understand than numbers.

Pharmacy will attempt to group refills together to keep you from making multiple trips, but know that walk-ins and appointments made on different days of the month will change this.

When asking for refills try

to "group" those together that may be within five days due of each other, sometimes we can get you down to one to three visits per month, but without your help it's unlikely to stay that way.

Pharmacy will notify doctors if you have no refills left, this is part of the reason that requests take one to two days to complete. The exception is narcotic pain medication for which you will need another appointment. Please, anticipate your need and you will not run out of medication.

The Pharmacy is in the process of converting to a new software system.

This is necessitated by the changes being made by the health center in general. We will not be sharing data as in the past. The programs are compatible, they are not however the same. We will have access to existing refills

in your current file, but converting them to the new system will take significant time and will only take place based on patient requests.

Pharmacy must do its own patient intake as most information provided to patient registration will not be available to us.

A form will need to be completed and you must bring any prescription insurance documents to us. Our new system is able to submit insurance claims immediately and any claim rejections will result in you not having access to your medication.

Compliance with pharmacy documentation requirements is important, since we cannot provide your medication without the information. We will attempt to make the transition as smooth as possible, but it is likely that disruptions in service will arise.



**...to our son,
Darieck Bill
Love,
Mom & Dad Robbie, Travis, Athena, and Elias**



October is Domestic Violence
Awareness Month

WALK A MILE IN HER SHOES

*Men's March to End
Violence Against Women*



I WAS MAN ENOUGH TO WALK A MILE IN HER SHOES...

There is an old saying: "You can't really understand another person's experience until you've walked a mile in their shoes." This event asks men to literally walk in women's high-heeled shoes. It's not easy, but it's fun & gets the community talking about a difficult subject.

It's critical to open communication about how violence in the family affects the well-being of all generations within our community. Native American women experience the highest rate of violence of any group in the United States.

You can bring your own shoes to wear (bought or borrowed), or we can loan some to you if you pre-register by 9/18/15. T-shirts will be provided to the first 200 men who register.

Reno-Sparks Indian
Colony Gym
34 Reservation Road
Reno, NV 89502

Saturday October 10th
Check-In at 10am

For questions or to
pre-register contact:
BC Ledesma at 334-0406
or
Dorothy McCloud at
324-4600

**Everyone Welcome!
Speakers, Resources,
Snacks & Raffle Prizes!**

**Sponsored by
The Women's Circle
and Tribal Health Center
with support from other
local agencies.**



This event is supported by Grant No. 2012-TW-AX-0051, awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

In & Around: Reno-Sparks Indian Colony Community

Men's breakfast, ancient language, graduation, high praise, physically fit.



You Are What You Eat - At the recent Men's Only Breakfast held at the Reno Sparks Tribal Health Center, participants learned the facts to feel and look better via 10 tips from the United State Department of Agriculture.



Lunch and Learn - RSIC Language & Culture Coordinator Stacey Burns discusses Paiute clans, traditional food and language with several community members including Michael Ondelacy and Joan Lowery.



Big Day - New Colony Tribal Police Officer Andrew Royat enjoyed his POST graduation with family and fellow officers. From left to right, Jason Lockhart, Andrew Royat, Sergeant Lance Avansino and Sergeant Nida Harjo.



Bittersweet - Staff members from the Reno-Sparks Indian Colony presented Jay Salter with a Pendleton blanket in appreciation for his work with Native students at Spanish Spring High. From left to right: Naomi Hanczrik, Tanya Hernandez, Salter and San San Tin. See related story on page 16.

In & Around: Reno-Sparks Indian Colony Community

Hungry Valley Community Cleanup, physically fit



Hard At Work - Joe Shaw of the RSIC Housing Department contributed to the collection of four dumpsters of garbage during the recent Hungry Valley Community Cleanup.



Clean Up Crew - Two youngsters plan their strategy for lifting a teeming bag of waste into a large dumpster during the Hungry Valley Community Cleanup.



Caution Ahead - Public Works Supervisor KC Eben scoops debris into dumpsters during the Hungry Valley Cleanup. The Annual Colony Cleanup is scheduled for Friday, Sept. 25.



The Finish Line - Kolin Wadsworth and Maria Ramirez head cross the Truckee River near the Reno Sparks Tribal Health Center during the Annual Memorial Fun Walk / Run. Over 300 people came out for the event which included the beautiful race course, complimentary lunch and many giveaways.



ROCK OUT!

Summer Schedule

Aug 7th - Girl Scouts

605 Washington Street—Reno, NV 89503

Performance both days are from 9:30 a.m. – 11:00 a.m.

August 8th - Jazz and Beyond

Brewery Arts Center—Carson City, Nevada

Performance at 4pm to 5pm (Please be there no later than 3pm)

August 29th - UNR DogFest

Reno, NV

Event is from 9am to 12am (Our performance time TBD)

September 13th - Sky Tavern Kars for Kids

4855 Summit Ridge Drive—Reno, NV 89503

Performance at 12:45 pm - 2pm (Please be there no later than 11am)

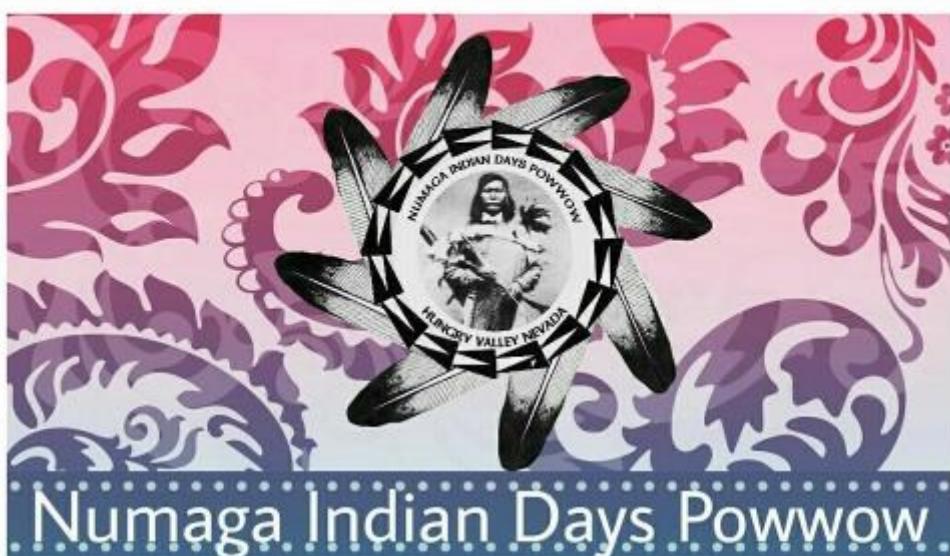
September 23 & 27th - Street Vibrations

Downtown Reno

Performance date is between 23rd & 27th and Time is TBD



Practice Makes Perfect —The RSIC's Easton Rivers is one of several Native youth participating in Reno Rock Camp.



Princess Pageant 2015

tiny tots

juniors

teens

2-5 yrs

6-11 yrs

12-17 yrs

LEADERSHIP ☆ TRADITION ☆ INDIVIDUALITY

Register Today with Anita Talancon (775)338-3723

www.rsic.org

Feds Empower, Integrate American Indian Tourism

Native American Tourism and Improving Visitor Experience Act through Senate

Last month, a bipartisan group of Senators led by Brian Schatz (D-HI) and John Thune (R-SD) introduced S. 1579, a bill to enhance and integrate Native American tourism, empower Native American communities, increase coordination and collaboration between Federal tourism assets, and expand heritage and cultural tourism opportunities in the United States.

The short title of the bill is “the Native American Tourism and Improving Visitor Experience (NATIVE) Act.”

The bipartisan legislation was introduced by U.S. Senators Brian Schatz (D-Hawai'i), co-chair of the Senate Tourism Caucus, and Thune, chairman of the Senate Commerce, Science, and Transportation Committee.

U.S. Senators Jon Tester (D-Mont.), Lisa Murkowski (R-Alaska), Tom Udall (D-N.M.), Dean Heller (R-Nev.), Al Franken (D-Minn.), and Mike Rounds (R-S.D.) are original co-sponsors of the NATIVE Act.

The bill's intent is to spur economic development and create jobs by enhancing and integrating Native American tourism; expanding heritage and cultural tourism opportunities in our nation; promoting unique visitor experiences for domestic travelers and international visitors; and creating tourism infrastructure

needed to sustain Native tourism.

Senator Heller's office put out a release stating that tourism is America's number one service export and according to the Department of Commerce, more than 70 million people from overseas were expected to visit the United States in 2015.

One out of every nine jobs in the U.S. depends on tourism, and this number is growing.

In 2013, tourists spent an estimated \$180 billion on hotel, car rental, food and, associated costs. It is estimated that between 5-6 percent of these travelers visited native communities, almost double the percentage a decade ago.

In one year, 2011-2012, visitors to Native American communities from overseas increased 46 percent overall. The top three markets of origin were China, U.K. and Germany.

The diversity and continuing vitality of U.S. indigenous cultures is unmatched and is a great draw for international and domestic travelers alike.

Current federal tourism policies and programs lack the coordination and integration needed to capitalize on the vast tourism potential represented by the lands and unique cultural and heritage assets of American Indians, Alaska Natives and Native Hawaiians.

In order to reach the visitor number goals and revenue

targets set in the National Travel and Tourism Strategy, and to more evenly spread tourism revenues between urban and rural locations, native communities must be able to contribute fully in the tourism industry.

Investing in a broad array of authentic Native tourism assets and related infrastructure will increase our nation's ability to compete for visitors seeking unique experiences.

It will ensure that diverse Native communities both contribute to and share in the economic benefits of travel, including job growth, increased revenues and greater travel-trade surpluses.

National and regional tourism organizations strongly support the NATIVE bill, as do a myriad of tribal governments, tribal organizations and Native tourism organizations.

"The American Indian Alaska Native Tourism Association (AIANTA) strongly supports the goals of the NATIVE Act and we look forward to Congressional hearings and working with members of the House of Representatives to advance this important policy initiative," AIANTA Board President Sherry L. Rupert said. "Tourism can help many tribes and Native communities become more self-sufficient, create jobs and businesses, and protect tribal heritage assets while

JOIN TAI CHI !!!

Tai Chi: Moving for Better Balance is an evidence-based program proven to reduce falls and improve fitness!



What will you learn?

- Balance skills
- Good body alignment
- Coordinated movements in a circular and flowing motion.

Who should attend?

- Community members
- RSIC Employees
- Tribal Health Center Patients

Who Teaches Tai Chi: Moving for Better Balance?

- Injury Prevention Coordinator
- Is certified to instruct Tai Chi by Master Tai Chi instructor, Robert Nations, through Safe and Active Communities
- Is motivated and passionate

Monday and Wednesdays from 12:30pm to 1:30pm

Class begins August 17th, 2015

@ The Reno-Sparks Indian Colony Senior Center

Tai Chi: Moving for Better Balance Classes are held for 60 minutes, 2 days a week.

To sign up contact Carrie Brown at 775-329-5162 ext. 1928

SPACE IS LIMITED!

Continued from page 23

sharing tribal culture with domestic and global audiences. The potential of Native tourism remains a largely untapped national tourism resource and holds great potential for increasing domestic travelers as well as international visitors."

Rupert also serves as the Executive Director of the State of Nevada Indian Commission, and sits on the U.S. Department of Commerce Travel and Tourism Advisory Board (US TTAB).

The bill requires federal agencies with recreational travel and tourism functions to include Indian tribes and tribal organizations in updated management plans and develop Native American tourism plans to improve travel and tourism data collection and analysis, increase integration of federal assets and support national tourism goals.

It directs the Departments of Commerce and Interior to consult with Indian tribes and the Native American community on their inclusion in Federal tourism activities, public records, and publications.

The bill directs the Department of Interior to fund a public-private partnership through an MOU with a 501(c)(3) non-profit entity dedicated to advancing American Indian, Alaska Native, and Native Hawaiian tourism. The entity will facilitate technical assistance and training, help build sustainable recreational travel and tourism capacity and infrastructure in native communities and help spur economic development that create jobs,

provide world-class customer service and visitor experience, increase tourism revenues, and enhance livability standards.

In addition, the bill requires the Departments of Commerce and Interior to submit a report within one year to Congress on how both departments are including tribes and tribal organizations in management plans, efforts to develop Native American tourism plans, and how the public-private partnership is helping tribes and tribal organizations participate in the tourism industry.

The bill seeks to ensure that domestic travelers at airports and international travelers arriving at ports of entry are welcomed in a manner that highlights the diversity of the indigenous peoples of the U.S.

The also legislation directs the Secretary of the Interior and the Secretary of Commerce to empower tribes and tribal organizations to showcase their unique heritages and cultures to provide visitors experiences that are authentic and respectful.

Funding will be provided to a non-profit entity that will give technical and other assistance to tribes and tribal organizations to help promote and increase tourism and tourism related infrastructure.

Grants would also be provided to tribes and tribal organizations through the Administration for Native Americans at the Department of Public Health and Human Services, the National Endowment for the Arts, and the National Endowment for the Humanities to use the arts and humanities to help revitalize Native communities, promote economic development, increase livability, and help share the unique story of the tribes and their people.

The Smithsonian Institution is also directed to work with tribes and tribal organizations to establish partnerships with non-Smithsonian museums and educational and cultural organizations.

Some of this information was provided by Chris Lambert, Senior Associate with George Waters Consulting Service.



NATIVE Act - *The National American Tourism and Improving Visitor Experience law would help Indian Tribes advance their tourism efforts thanks to inclusion into national programs and management plans.*

Climate Change Focus Group

City of Reno wants your input

Reno, Nev. — Please consider sharing your vision for the future of Reno by participating in a ReImagine Reno Focus Group on Climate Change & Resiliency on Sept. 29 at 5:30 p.m., at the McKinley Arts & Culture Center Auditorium, 925 Riverside Drive in Reno.

The event will begin with a brief presentation, then participants will break into smaller groups to have focused conversations.

The feedback collected during the event will be used to inform the work of updating Reno's Master Plan and the Climate Action Initiative.

The Master Plan is a long-term planning document that provides a vision for the built environment of a city. It guides the appropriate use of lands in order to protect the quality of life for citizens and promote efficient provision of services.

Job Opportunity

Want to make a difference in the life of a girl?

Girl Scouts of the Sierra Nevada is looking for fun, caring, and dedicated candidates to deliver Girl Scout programming to girls in underserved communities.

The Program Leader position is a flexible, part-time opportunity working directly with girls. We are looking for candidates with availability between 3:00 – 7:00 PM on weekdays. Compensation ranges from \$8.25 - \$10/hour.

Please visit gssn.org and click **employment opportunities** for more information about the job, our organization, and how to apply!



Contact:

Rebecca Brown, Program Specialist II
rbrown@gssn.org
775.322.0642 ext. 1236

Talking Circle

The talking circle is also a listening circle. The talking circle allows one person to talk at a time for as long as they need to talk. So much can be gained by listening. Is it a coincidence that the Creator gave us one mouth and two ears? The power of the circle allows the heart to be shared with each other. What we share with each other also heals each other. When we talk about our pain in the circle, it is distributed to the circle, and we are free of the pain. The talking circle works because when the people form a circle, the Great Mystery is in the center.

COMMUNITY SUPPORT GROUP

The last Wednesday of every month

DATE: August 26 * TIME: 5 PM

Reno-Sparks Tribal Health Center 2nd floor Behavioral Health Department

Learning Continues

Summer offers time to learn

*Submitted by Monica Thomas,
RSIC Higher Education*

We have 37 participants in the Summer Youth Employment program.

They have been placed in different departments throughout the Colony and have been learning and having fun as they work.

Departments who are hosting youth this summer are RSIC Recreation, Public Works, Head Start, Tribal Council, Child Care, Finance, Smoke Shop, Planning, Library, Archives, Language, Public Relations, Clinic and the Education Department.

Every week the youth are introduced to careers with visiting presenters or visits to schools or businesses.

This summer is going by fast most of the youth will end at the end of July and return to school next month.

One of the first trainings they participated in was for the Community Emergency Response Team (CERT) taught by Hungry Valley Volunteer Fire Chief Danny Thayer.

The youth did a day of fast track with the manual and had a hands on rescue.

They geared up in the CERT gear and everyone was in a group that participated.

Overall, the youth had fun and the most fun, was participation in a hands on rescue.

Please see page 29 for photos of the youth CERT training.

Jesse Hall Elementary



Smiles Everyone, Smiles — Members of the Jesse Hall Elementary graduating 6th grade class include: front row, left to right: Leilani Berreman, Jayci Astor, Danae Imus-Astor, Raelysa Harjo and Jenna Moody. Back row, left to right: Blake Kirsten, Noelle Lockwood, Tara O'Daye, Cienna Yellowhair, Andrew Crutcher, Seth Cortez, Quentin Smartt, and Rodney Yahola.



Moving On — Kiana O'Daye, Jewel Smith, Zachary Rios recently graduated from Hidden Valley Elementary School after successful completion of the sixth grade.

Hidden Valley Elementary Kindergarten Grads

Ayasha
Bini

Bini

Dale
Dreibelbis
First



Cedar
Miller

Keegan
McNamee

2015

HUNGRY VALLEY EDUCATION INFORMATION

2ND QUARTER INCENTIVES

Those students who have not received their incentive card can bring their report card into the HV Education Office so it can be copied and submitted for a incentive card.



HV Back to School Night will be Monday August 3 from 8am to 7pm.

WCSD will be at back to school night handing out backpacks for WCSD students only. Infinite Campus and other consent will be on hand for parents to sign upon receiving your school supplies.

FIRST DAY OF SCHOOL IS AUGUST 10, 2015



PPE — Participants from the RSIC Summer Youth Work Program prepare for an emergency drill while wearing their personal protective equipment.



No Peeking — Trying to create the conditions of a true emergency, youth who underwent CERT training, learn to make their way without using their vision.

Aysha Bill: Academic Achievement



Chase Hardin: Academic Achievement/Perfect Attendance



Atsa Esha Phoenix: Academic Achievement/Perfect Attendance



Danielle Antonio: Academic Achievement



Catherine Fernandez: Academic Achievement/Character Counts

Hidden Valley Elementary

2015 Top Dogs



Terrance Fellows: Perfect Attendance



Kayden Quartz: Academic Achievement



Makayla Ondelacy: Character Counts



William "Will" Edmo

MacArthur High School

Riverside Indian School

Class of 2015

Jacob Cadena



Back to SCHOOL

SCHOOL SUPPLY DISTRIBUTION NIGHTS

RSIC Education will be handing out school supplies to RSIC tribal members and those who reside on the Colony from 9:00 a.m. to 7:00 p.m. on:

August 3, 2015 Hungry Valley Education Office.

August 4, 2015 Reno Education Office.

Supplies will be available all week long during regular office hours after these dates.

2015-16 Infinite Campus forms & Indian Education 506 forms will be available for those students who have not filled one out (New Kindergarten Students). WCSD Indian Education Staff will be at each site to hand out backpacks to WASHOE COUNTY SCHOOL DISTRICT STUDENTS only.





RSIC Education Department would like to Congratulate the Graduates from Spanish Springs High School and Reed High School:

Alex Abbie SSHS



In the Fall Alex will be going to Northern Arizona University where he will be studying General Education and playing Football. YAY!

Andrea Wyatt SSHS



In the Fall Andrea will be attending TMCC studying Business and Culinary Arts. Good Luck, Andrea!

Sage Eagle SSHS



RSIC Education wishes Sage the best of luck in whatever he decides to do. Congrats, SAGE!

Nicholas Zaragoza- Reed High



Nicholas says he is still not sure what he wants to do after graduating but we wish him the best of luck. Have a great time, Nicholas!





Janelle Dressler-Katenay

Class of
2015

Tara Garcia



Editor's note: All photos, content, and design work on pages 27-34 were submitted by the RSIC Education staff.



DONOVAN GARCIA MEMORIAL RAFFLE



Assistant Chief Donovan A. Garcia, of the Hungry Valley Volunteer Fire Department, died after collapsing during wildland fire training on June 5, 2014. Donovan was the first Native American Firefighter from Northern Nevada to die in the line of duty. Every October, the National Fallen Firefighters Foundation sponsors the official national tribute to all firefighters who died in the line of duty during the previous year. It is a memorial weekend and thousands attend to pay respect to these firefighters. This year Donovan's name will be added to the wall at the National Fallen Firefighters Memorial in Emittsburg, MD.



Raffle 1

Beaded Cane.

Tickets are \$2.00 each

Raffle 2

Prizes include:

Various beaded items donated by inmates from the Pleasant Valley California State Prison and miscellaneous items donated from community members of the Reno Sparks Indian Colony and Washoe Tribe

Tickets are \$1.00 each or 6 for \$5.00

Raffle will be held during the 2015 Numaga Pow Wow.

Need not be present to win.

All proceeds will be used for the families traveling expenses to Emittsburg, MD.

Monetary donations can be made at any Wells Fargo Bank to the Donovan Garcia Memorial Fund.

Acct.# 8727872452 All donations are greatly appreciated!

Contact information: Sheila Katenay (775) 323-3428 or (775) 303-2046

Aloha Elders

please join us for our

2015 RSIC Senior Fun Day

August 20, Thursday
Reno Gymnasium
10 am - 2 pm

Information booths

Live music

Bingo, Door Prizes

Hawaiian Dressed Contest



For information please call
Darlene or Teresa at 775-329-9929

Legal Notices, Public Announcements

Note to file, name changes, recruitment for advisory committee member

Notice of Intent to File Application

1780.19

§1780.19 Public information.

(a) *Public notice of intent to file an application with the Agency.* Within 60 days of filing an application with the Agency the applicant must publish a notice of intent to apply for a RUS loan or grant. The notice of intent must be published in a newspaper of general circulation in the proposed area to be served.

Applicants should inform the general public regarding the development of any proposed project. Any applicant not required to obtain authorization by vote of its membership or by public referendum, to incur the obligations of the proposed loan or grant, must hold at least one public information meeting. The public meeting must be held not later than loan or grant approval. The meeting must give the citizenry an opportunity to become acquainted with the proposed project and to comment on such items as economic and environmental impacts, service area, alternatives to the project, or any other issue identified by Agency. To the extent possible, this meeting should cover items necessary to satisfy all public information meeting requirements for the proposed project. To minimize duplication of public notices and public involvement, the applicant shall, where possible, coordinate and integrate the public involvement activities of the environmental review process into this requirement.

The applicant will be required, at least 10 days prior to the meeting, to publish a notice of the meeting in a newspaper of general circulation in the service area, to post a public notice at the applicant's principal office, and to notify the Agency. The applicant will provide the Agency a copy of the published notice and minutes of the public meeting. A public meeting is not normally required for subsequent loans or grants which are needed to complete the financing of a project.

Sample Notice:

Public Notification of Intent to File Application

The Reno-Sparks Indian Colony has filed a loan/grant application with the USDA-Rural Development utilities programs, for the purpose of financing a water and sewer improvements project to meet the present and future needs of the water and sewer demands of the Reno-Sparks Indian Colony.

The total cost of the project is approximately \$3,936,118 and the projected loan amount is approximately \$1,174,000. This matter will be scheduled for public discussion and comments at the RSIC Tribal Council meeting on Wednesday, Aug. 12 at 6 p.m., in the Hungry Valley Recreation Center.

Questions concerning the project can be directed to Rick Castro, Public Works Director, at 785-1341.

IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE

Notice is hereby given that the Petitioner, Briana Quartz, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CY- NC-2015-0014. praying that said Court enter an Order changing the present legal name of Briana Quartz, to the name of Briana Leigh Tom, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 12th day of June, 2015
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

IN THE RENO-SPARKS TRIBAL COURT IN AND FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA PUBLIC NOTICE

Notice is hereby given that the Petitioner, Briana Quartz, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CY- NC-2015-0015. praying that said Court enter an Order changing the present legal name of Sienna Mauwee, to the name of Sienna Dawn Tom, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 12th day of June, 2015
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

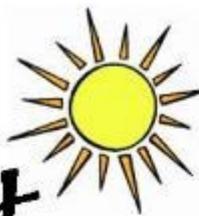
Recruitment for Language & Culture Advisory Committee Member

The Language & Culture Advisory Committee is currently seeking an RSIC Tribal member to serve on the Language & Culture Advisory Committee.

Committee member will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno Sparks Indian Colony Language & Culture Program
401 Golden Ln. Reno, Nv 89502

If you have any questions or concerns feel free to contact the Language & Culture offices at 775-785-1321.



Reno-Sparks Indian Colony
Senior Program
34 Reservation Road
Reno, NV 89502
775-329-9929

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:30 am Blood Pressure Check 1 pm Senior Advisory Committee Meeting	4 1 pm Crafts Hawaiian Flowers and decorations	5 1 pm Crafts Hawaiian Flowers and decorations 1 pm Errand Day Shopping, Bill Pay	6 1 pm Crafts Hawaiian Flowers and decorations	7 9 am Crafts Hawaiian Flowers and decorations 10:30 am Brunch
10 11:30 am Blood Pressure Check 1 pm Crafts Hawaiian Flowers and decorations	11 12 pm Tribal Police Presentation 5:30 pm Bingo and Potluck Bring 2 prizes & a food dish	12 12 pm Nutrition Presentation 1 pm Crafts Hawaiian Flowers and decorations	13 1 pm Galaxy Movie theater	14 9:30 am Respite Caregivers Support Group Meeting 10:30 am Brunch
17 Food Pantry Delivery 1 pm Crafts Hawaiian Flowers and decorations	18 Commodities at Senior Center Sack Lunch	19 Decorate for Senior Fun Day at Reno Gym 1:30 pm	20 10 am – 2 pm Senior Fun Day at Reno Gym ~ Hawaii	21 10:30 am Brunch
24 11:30 am Blood Pressure Check 1 pm Crafts - Learn to make Moccasins	25 1 pm Century Theaters Movie	26 1 pm Crafts - Learn to make Moccasins 1 pm Errand Day Shopping, Bill Pay	27 1 pm Crafts - Learn to make Moccasins	28 10:30 am Brunch
31 1 pm Crafts Shawl Making	1 September 1 pm Senior Advisory Committee Meeting 1 pm Crafts Shawl Making	2 September 1 pm Crafts Shawl Making	3 September 1 pm Crafts Shawl Making	4 September 9:30-12:45 am Early Brunch



Senior Fun Day August 20th 9 am - 2 pm Come join the fun
Food, Bingo, Music & Friends, Wear your Hawaiian attire



HOLIDAY and S.A.C. MEETING NOTICE for September

Labor Day Holiday Closure - Monday September 7 - No lunch delivery or served

Senior Advisory Committee meeting will be held Tuesday September 1st at 1:00 pm at the Senior Center
Numaga Pow-Wow Sept 4 – 6 at Hungry Valley



August

**Reno-Sparks Indian Colony
Senior Program - Menu
34 Reservation Road
Reno, NV
775-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
3) Beef Stroganoff Egg Noodles Carrots & Broccoli +* Mandarin Oranges* Milk 	4) Chefs Salad+ Mini Heirloom Tomatoes+ Breadstick Strawberries and Bananas* Milk	5) Pork Fajita with Bell Peppers & Onions* Spanish Rice Lettuce and Olives, Radishes+ Fruit Cocktail* Milk	6) BBQ Chicken Sandwich Lettuce & Tomato + Pasta salad* Watermelon* Milk	7) Brunch Scrambled Eggs Hash Browns Tomato Wedge and Bell Peppers slices+* Honeydew * Milk
10) Baked Ham Yams+ Green Beans Corn Tropical Fruit * Milk	11) Tomato Soup + Grilled Cheese Cucumber Slices* Pears* Milk	12) Enchilada w/ ground turkey Black Bean and Corn mix+ Orange * Milk	13) Italian Sausage Sandwich Sweet Potato Fries+ Cantaloupe* Milk	14) Brunch French Toast Turkey Bacon Mixed Berries* V-8 Juice +* Milk
17) Beef Stir Fry Bell Peppers and Carrots+* Jasmine Rice Fresh Pineapple Chunks* Fortune Cookie Milk	18) Commodity Distribution Sack Lunch Egg Salad Sandwich Lettuce & Tomato + Sun Chips Orange* Sugar-Free Pudding Milk 	19) Chicken Cesar Salad+* Tomato Wedge + Breadstick Grapes* Milk	20) Senior Fun Day BBQ Pulled Pork "Sliders" Coleslaw +* Fresh Tropical Fruit Salad* Milk 	21) Brunch Frosted Mini Wheat Cereal Boiled Egg Cherry Tomatoes + w/ Light Cottage Cheese Fresh Peach * Milk
24) Turkey Goulash + Penne Pasta Green Beans French Bread Apricots* Milk	25) Cream of Broccoli Soup* Salad Bar+* Mixed Berries* Milk 	26) Tuna Salad Sandwich on Hoagie Roll Lettuce & Tomato+ Orange* Sugar Free- Pudding Milk	27) Beef Pot Roast Mashed Potatoes & Gravy Mixed Veggies+* Peaches* Milk	28) Brunch Spinach and Egg Scramble* Bagel Tomato Wedge+ Banana Light Yogurt Fruit cup* Milk
31) Cajun Tilapia Rice Pilaf Carrot and Zucchini Mix+* Pears* Milk 	September 1) Cream of Potato Soup Turkey and Swiss Sandwich Lettuce & Tomato + Baked Lays Fruited Lays Fruited Jell-O* Milk	September 2) Taco Salad Meat , Beans, Lettuce and Tomato Mandarin Orange* Milk	September 3) BBQ Ribs Corn on the Cob+ Cantaloupe* Milk 	September 4) Brunch 9:30 am Cream of Wheat Boiled Egg Whole Wheat Toast Orange* V-8+* Juice Milk 

* Vitamin C - Daily, + Vitamin A - 3 X Week, 1% Milk - Served Daily

"Dr. Knowles has seen many tribal members come through her offices," Tin said. "We want to acknowledge her and all her contributions."

Knowles said that over the last two decades, Vaugh Middle School has absolutely been her passion and her joy.

"I've seen so many families come through; in fact, Randy Melendez was at my school just the other day and we were looking at pictures and reminiscing," Knowles said. "I am truly going to miss everyone and thank you so much for the honor."

According to Tin, Gina Leonard, who was recently selected as a Principle of the Year for her sucess at Shaw Middle School, also worked

well with the RSIC personnel.

"We know who to go to when we have issues," Tin said.

Leonard described her job as a wonderful pleasure.

"Thank you so much; this is an honor because it is absolutely a privilege to work with this community, all the people in the education department and everyone through the Colony," Leonard said. "Getting our kids through is really the bottom line and that is what it is all about."

Finally, Spanish Springs Vice Principal Jay Salter was acknowledged by the Tribal Council.

Salter, who has served as an educator at SSHS for eight year, is leaving his post to become the site administrator for Washoe Inspire.

"Mr. Salter touched base with many of parents and is a much respected person," said Tanya Hernandez one of the RSIC Education Advisors.

Tin agreed.

"Mr. Salter has been an instrumental individual in mentoring our Native youth, collaborating with the RSIC Education Department staff in finding resources, funding and avenues for our students succeed.

Each of the educators was presented with a certificate of appreciation signed by RSIC Chairman Arlan D. Melendez along with beaded ink pens designed in the respective school's colors. Out going principals Keller, Dr. Knowles, Leonard, and Salter were gifted Pendleton blankets.



Lifetime Educators — Washoe County School District Administrators were honored by the Reno-Sparks Indian Colony Education Department and the Colony's leadership for their dedication and collaborative efforts for the academic success of Native children. Back row, left to right: Ruth Sampson-Guerrero, Jody McCloud, Theresa Coffman, Chairman Arlan D. Melendez, Principal Dave Keller and Darrell Bill. Front row, left to right: Robin Eagle, Principal Gina Leonard, Dr. Ginny Knowles, Kristen Gilkensen, Venra Nuno, Jacqueline Quoetone and Judith Miller.